

## Why do you smoke?

Smokers use tobacco for many different reasons. Understanding why you smoke may help you quit.

If you smoke for energy....

- Get enough rest.
- Exercise regularly.
- Take a brisk walk.
- Drink lots of cold water.
- Avoid getting bored.

If you like handling cigarettes...

- Doodle.
- Play with a coin, ring, etc.
- Take up a hobby to keep your hands busy.

If you smoke for pleasure...

- Enjoy the pleasures of being tobacco free.
- Savor the taste of food.
- Spend cigarette money on other pleasures.

If you smoke to relax...

- Use relaxation techniques such as deep breathing and imagery.
- Avoid stressful situations when practical.
- Get enough rest.
- Take a long hot bath. Have a massage. Lie in a hammock.

If you crave cigarettes...

- Try nicotine replacement therapy.
- Join a smoking cessation group.
- Avoid favorite smoking areas.
- Think of yourself as a non-smoker.

Adapted from National Institutes of Health's *Why do you smoke?*

*Open for more quit tips!*

## Tobacco and Readiness

*"Smokers took more than two minutes longer to finish a two mile run than nonsmokers."*

*Military Medicine*, Vol 151, February 1986.

*"Cigarette smoking does impact adversely on athletic performance. Non-smokers outperformed smokers in three of four categories."*

*Military Medicine*, Vol 158, July 1993.

*"Individuals who smoked cigarettes were more likely to sustain injuries during physical training and operational activities..."*

*American Journal of Preventative Medicine*, Vol 10 No 3, May 1994.

*"Cigarette smoking is a big risk factor for stress injury during athletic activities. Soldiers who smoke have up to a 2.5 times greater risk of joint and bone injuries"*

*Army Ground Accident Report*, Vol 13, No 8, August 1992.

*"Smoking significantly increases the risk of sustaining a musculoskeletal injury in female Army basic trainees."*

Dettori, et al, *Smoking and Injury Risk Among Female U.S. Army Basic Combat Trainees*. Third International Conference for Injury Prevention and Control, Melbourne, Australia, 1996.

*"Risk factors for training-related injuries identified by this study were cigarette smoking..."*

Reynolds, K.L., Heckel, H.A., Witt, C.E., et al. Cigarette smoking, physical fitness, and injuries in infantry soldiers. *American Journal of Preventive Medicine* 10(3): 1454-150, 1994.

# Targeting Tobacco

*You can be tobacco free!*



U.S. Army Center for Health Promotion and Preventive Medicine  
Directorate of Health Promotion and Wellness

## *Tobacco is costly*

Tobacco is the number one cause of preventable deaths in society today; it is responsible for over 400,000 deaths per year. One out of every 5 people who die this year will die because of tobacco use. Each pack of cigarettes sold costs Americans about \$3.90 in smoking related expenses. The health risks are obvious, but unfortunately breaking the habit is very difficult because nicotine is addictive. Although quitting is not easy, millions have been successful.



## *Beware of substitutions*

Chewing tobacco, cigars or others forms of tobacco are **NOT** safe alternatives for cigarettes. These products are highly addictive. Individuals using these products have a 4 to 10 times higher risk of dying from throat and mouth cancer than non-smokers. Carcinogens are more concentrated in smokeless tobacco and can cause cancer at a younger age. The second hand smoke from one cigar equals three cigarettes.

## *Tips for quitting*

**Prepare yourself mentally** – Think of the positive aspects of quitting, such as improved health, better smelling breath, and more money in your pocket. Remember – a positive attitude is the key to success. Quitting requires effort but is not impossible. You can join the millions who have quit.

**Learn from past attempts** – Do not be discouraged if this is not the first time you have tried to quit. Sometimes it takes 2 or 3 times to finally quit. Keeping a smoking log for several days can help identify triggers that increase your desire to smoke. Plan ways to beat the urge to smoke. Your chances for success increase with every attempt.

**Set a target date for quitting** – Make a promise to that date and tell others. Do not let anything change it. Celebrate your quit day. This is the beginning of your smoke-free life.

**Know what to expect** – Prepare yourself for the tobacco urge to hit and have a plan to handle it. Stock up on hard candies, gum, mouthwash, and mints. Be sure to drink plenty of fluids, especially water, to wash the nicotine out of your body. Remember withdrawal symptoms are temporary and are signs that the body is starting a healing process.

**Involve someone else** – Ask a friend or spouse to quit with you or to support you in your effort. Consider joining a support group or attending a smoking cessation program.

**Try nicotine replacement therapy** – Nicotine gum and patch decrease the craving for nicotine by gradually reducing the nicotine level in your blood. Both are available over the counter. Nicotine nasal spray is available by prescription only. Pregnant women, individuals with heart disease, high blood pressure, and children should consult with a physician before using these products.

**WARNING:** It is important not to use tobacco while using nicotine replacement therapy!

**Recognize and avoid tempting situations** – Don't be caught unaware! Find new habits that making smoking difficult. Brush your teeth after each meal instead of smoking. Talk a walk instead of a coffee break, but avoid smoking areas. Use the four D's to fight a craving:

*Delay*

*Deep breathing*

*Drink water*

*Do something*

Remember, these feeling's will only last a short while and will be less frequent as time goes on. Hang in there!

**Avoid the weight gain trap** – Weight gain is a major concern for many individuals who quit smoking. However, studies' show the average weight gain for those who quit is only five to ten pounds and weight can be prevented with a sensible diet and proper exercise.

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